

June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 60-70 min slow distance run
4	5 Hills 5 x 2 min	6	7 Easy run 40 minutes	8 8 x 1 minute intervals on the trails	9	10 60 min slow distance run, preferably on hilly terrain
11	12 Hills 12 x 1 minutes	13	14 Easy run 40 minutes	15 4 x 3 minute intervals on the trails	16	17 50 min slow distance run
18	19 Hills 4 x 2 minutes	20	21 Easy run 30 minutes	22	23	24 Race!
25	26	27	28	29	30	